

The Krishna Education Research & Technological Institute

Understanding the Self

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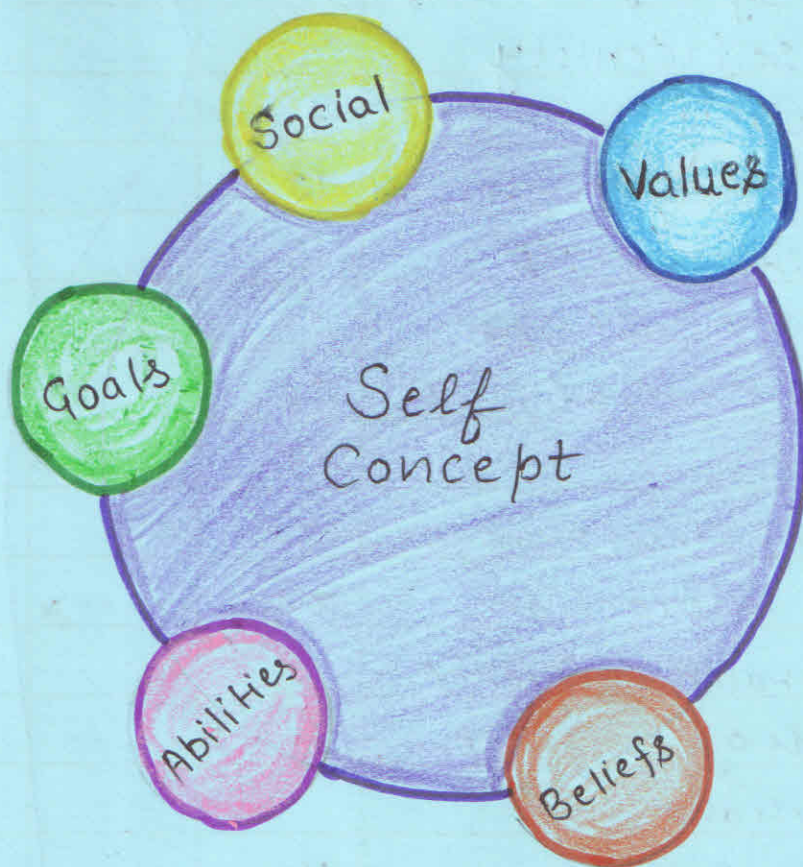


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SELF CONCEPT

Knowing One's True Potential

Self → It refers to a warm sense of warm feeling that something is about me or me.

Self Concept → It is the way people think about themselves. It influences a person's identity, self-esteem, body image, and role in the society from it is described as life being aware of itself.

COMPONENTS of Self-Concept

The truly understanding what a self concept is and its impact on your life, We first need to break down the three components of self concept based on the work of Humanist Psychological Carol Rogers.

- * Self Image
- * Self Esteem
- * Ideal Self.



Imagine if we obsessed
about the things
We love about
ourselves.

Self Image:- This is in essence what you see in your self. It is all about how you see yourself in the present moments.

This involves the labels you gives yourself about your personality and it also includes the belifs you have about how to extrnal worlds perceivers you.

Types of responses.

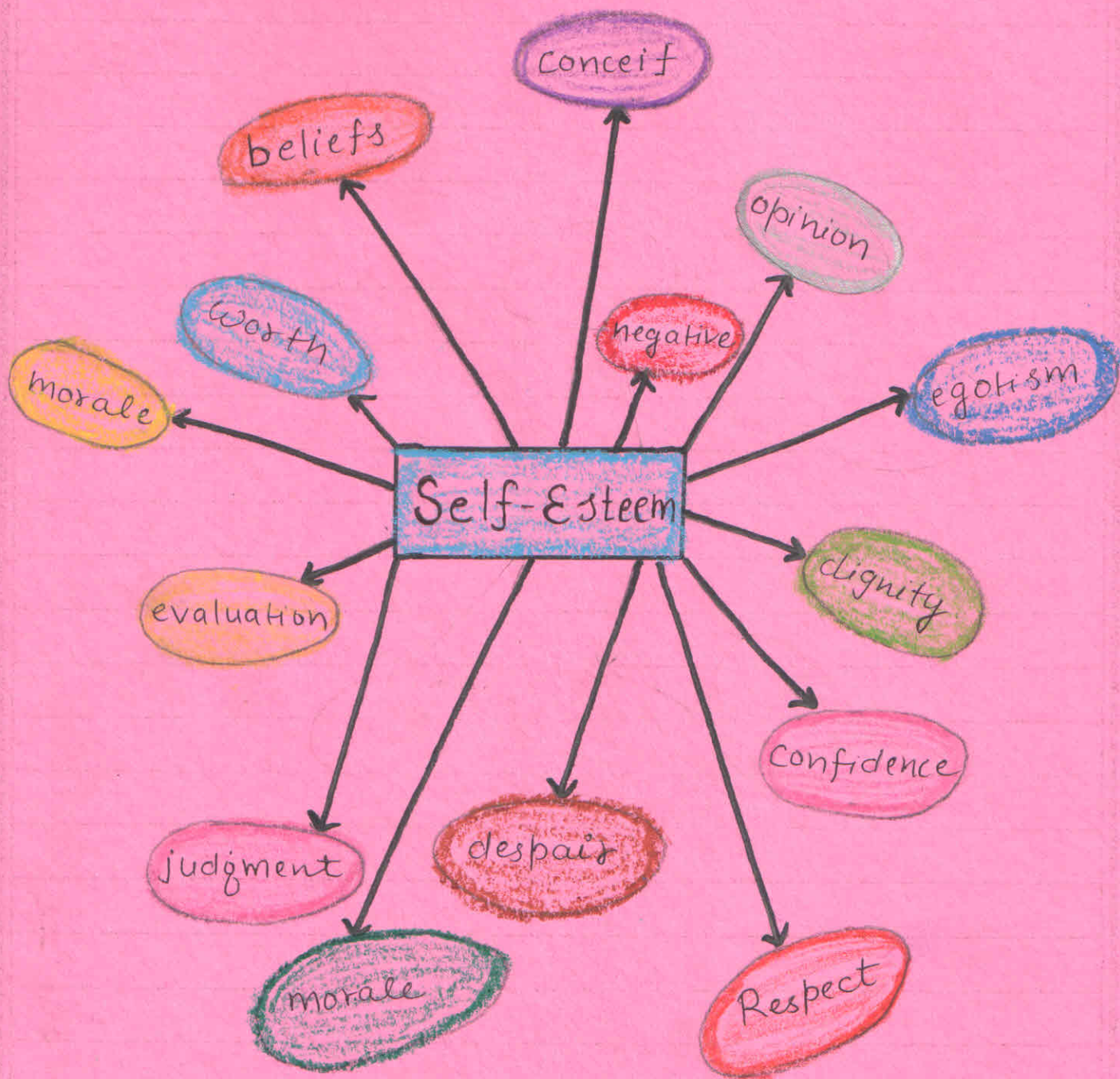
- Physical Description:- I am Tall, have Blue eyes - - - etc.

- Social Rules:- we all are social beings whose behaviours is shaped to some extent by the roles, we play. such roles as students housewife or member of the football team.

- Personal Traits:- These are a third dimension of our self description. I am impulsive I am gener - - I text to Worry alot - - - etc.

- Existential Statements:- These can range from "I am a child of the universe to "I am a human being" I am spiritual - etc.

Self Esteem:- It refers to the extent to which you value yourself. You might therefore for instance have a positive or negative view of yourself you are seen



of having low self esteem

High Self-Esteem:- That is we have a positive view of ourselves. This tends to lead to

- Confidence in our own abilities
- Self acceptance
- Not worrying about what others think
- Optimism

Low self Esteem:- That is we have a negative view of ourselves. This tends to lead to

- Lack of confidence
- Pessimism
- Always worry what others might think.

Four major factors which influence self esteem.

- **The reaction of others:-** If people admire us flatter us seek out our company, listen attentively and agree with us. We tend to develop a positive self image.
- **Comparison With others:-** If the people we compare ourselves with appear to be more successful, happier, look better looking.
- **Social Rules:-** some social rules attract prestige e.g - doctor, airline pilot any play.
- **Identification:-** Roles are not just "act there become part of our personality. i.e we identify the positions we occupy the roles we play.



Laugh Freely

Ideal Self :- This is how you could be at a future time. This is your ideal self or the ideal person you envision of being and becoming and how they would like to see themselves don't quite match up and this is what can cause problems.

Aspects of Development of the Inner Self.

Types to develop your Inner strength & power. Have you ever wondered how to develop your inner strength & power.

5 tips to develop your Inner strength

- ① Practicing Meditation :- One of the best way to develop your inner strength and power is to practice meditation as it helps you to relax.
- ② Breath Deep :- Learn the art of deep breath appropriately, so that your inner strength & power are enhanced.
- ③ Laugh freely :- Laughter helps a great deal boosting your inner strength and power as it causes the release of endorphins.
- ④ for give Easily :- If you held a grudge against anyone that built up stress can forgive these.
- ⑤ Handle obstacles :- Learning to handle obstacles the best way it exercise your inner strength.

SELF DEVELOPMENT STRATEGY.

It is important to maximize your personal development. In the workplace and you will be surprised at the numbers of areas that you can improve. You can address gaps in your knowledge enhance existing skills or learn new ones. You may want to concentrate on improving your health & fitness.

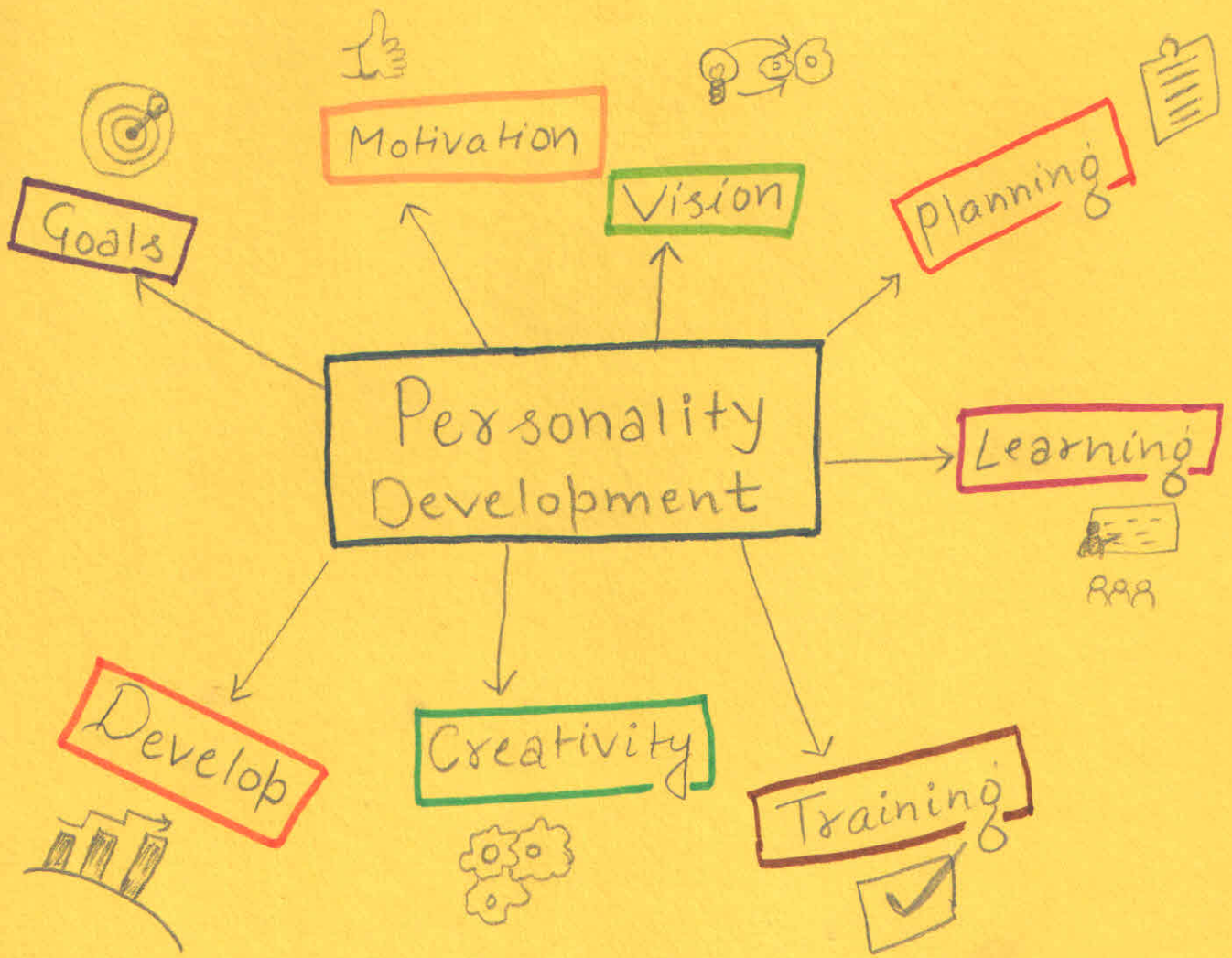
Personal Development needs these are:-

- ① Set Goals:- First and foremost you need to have very clear objectives. You will need to know precisely what that need achieve for further to live.
- ② Write it down:- Committing an action to paper makes it more real if you have a performance management system this would be perfect to use. An unticked check list point until you finish.
- ③ Do what works for you:- If you have done something in a certain way before & it helped you improve them.
- ④ Start Small:- It could seem daunting to make yourself a better communicator. But if you break that sizeable target down into steps.
- ⑤ Go on your own place:- This is similar to the previous point. As well as starting small. You should not pressurize yourself to achieve.

⑥ Learn from every experience:- you have try to take something from every personal encounter you have most people we come across day to day can touch us something that we can then apply in our own lives.

⑦ Measure your Achievements:-

Measuring your progress along the way allows you to adjust your plan if you are not working. you can ask then why you can additionally consider how you might be able.



PERSONALITY

Meaning:- It is derived from latin word persona $\xrightarrow{\text{means}}$ a mask

It is the sum of organization of those traits which determine the role of individual in a group.

Definition :-

Eysenck defines that Personality is the more or less stable and enduring organisations of a persons characters temperament, Interact and physical which determines his unique adjustment to the environment.

According to Allport:- It is sum of a person's value plus his non physical traits. It is totality of habits attitudes and traits that result from socialization. It characterizes our relationship with others.

Personality Development:- Though every one is born unique, we all possess certain traits that set us apart from the rest. These traits define who we are and how we respond to situations after and up a long ones.

that do more harm than good and end up under valuing ourselves. The fact however remains that we are all unique in our own ways and only me to ignite.

..... CHARACTERISTICS

- Dynamic Personality:- It is dynamic in nature. It is not static. It is intergrowing inner developing and the inner changing.
- Organised and Integgrated:- Personality is organised and integrated it provides the characteristic of unity and integrity. Its functions are united whole as 'personality is integrated organisation of all the characteristics.
- Personality is something which is unique in each individual:- It refers to internal as well as external qualities. Some of which are quite general.
Personality is greatly influenced by social.
- Interaction:- Personality is not an individual quality. It is a result of social interaction.
- Personality refers particularly to persistent quality of an individual.

PERSONALITY DEVELOPMENT TIPS

- Be as positive as a proton:- A proton never loses its personality as so can't you. It just gets covered by stress which haps your energy.
- Be more Passionate:- The Best way to get work done is by being passionate about it. Let passion drive your efforts and you will be able to achieve excellence in life.
- Handle your Emotions With Care:- If life is roller coaster ride that make sure you are enjoying it to the max. Don't let your emotions take control of situations but learn to get a grip on them.
- Share a little, Care a little:- Learn to be more compassionate. The next time you or somebody else commits an error.
- Praise the One in front of you:- When we praise someone's qualities out of the feeling of complitness.
- Communicate Effectively:- We communicate either through our presence or by expressing our feelings. Bring clarity in your communication.
- Possess the equality of Patience:- Patience is select ingredient for becoming a winner. Favourism and prompt reactions will do more than good.

TYPES OF PERSONALITY

There are 16 personality types and each of us learns towards one of the types each personality types has four letters.

INFJ-INEJ has a unique ability to interact other emotions and motivations, will often know how someone else is feeling.

ISTJ - ISTJ are responsible organize driven to create and enforce order within systems and constitutions.

ISFJ - ISFJ are conventional and grounded and enjoy contributing to established structure of social.

INTJ - INTJ approach life by analysing the theory behind what they see, are typically focused inward on their own thoughtful study.

ISTP - ISTP's are observant artisans with a understanding of mechanics and an interest in trouble shooting.

ISFP - are gentle caretakers who live in present moment and enjoy their surrounding with cheerful low key enthusiasm.

INFP are sensitive loving & compassionate and are deeply concerned with the personal growth of themselves & others.

INTP - are philosophical innovators fascinated by logical analysis system and design. They are preoccupied with theory & staunch for the universal law behind everything they see.

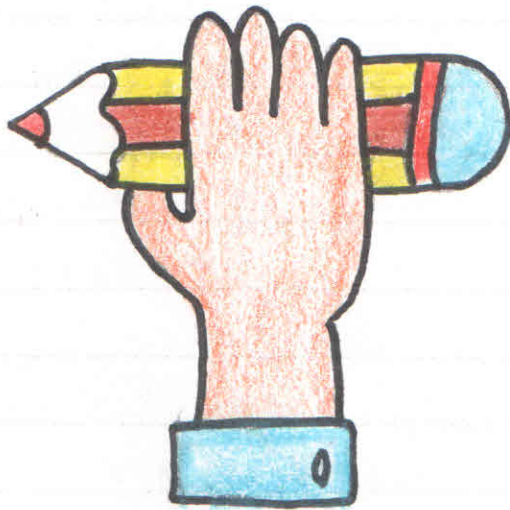
ESTP - Active and playful, ESTP are often the life of the party and have a good sense of humor. They see their keen power of observation to assess their audience & adapt quickly.

ESTJ are the consummate organizers and want to bring structure to their surrounding. They value predictability and prefer things to proceed in a logical order.

ESFJ value loyalty and tradition & usually make their family and friends their top priority.

ENFJ are typically energetic and often have a lot on their plates. They are turned into needs of others & actually aware of human suffering.

ENTJ are strategic traders motivated to organize change they are quick to see. Infencing & conceptualize new solution enjoy developing long-range plans accomplish their view.



SELF-EXPRESSION

SELF EXPRESSION

Self Expression:- It is a vital to living as breathing. It is how we interact with others and world. It can be supremely fulfilling or irrevocably frustrating. It takes place through communication, body language art world and even our clothes and hairstyles. It is a cluster of values that include social toleration life satisfaction and aspiration to liberty.

Self expression also required freedom. That is both a reasonable amount of actual freedom to act in the world.

Ways to become more fully self expressed

* Recognise the beauty and strength that comes in all sizes. Your fun loving spirit, compassion for others. Zest for life.

Be positive:- You can change how you feel good that makes your own statements and most of all that is fit now.

Dress for success:- Dress is what makes you feel good, that makes your own style statement.

Learn and practice relaxation techniques:-

It relieves stress and enhance our lives.

It is related to exhaustion, insomnia, headache and weaker immune system.

Choose self care. set aside time everyday of yourself. Take time for self care and healing. Invest in small things that enrich your life.

Shape a healthy balance:- You'll feel better and have more energy when you develop healthy living habits

Live assertively:- These person respect themselves, maintain eye contact and smile sincerely.

Types of Self Expression

There are several types of self expression. Some people chose to express themselves through their outward appearance. wheather it is the clothing they choose to special, people have onendless variety of ways to express themselves. self expression should be individually guided. This means people should be individually guide. This means people should do what they feel is best for themselves. If someone is dressing certain way of behaving in a particular manner based on someone else lead.

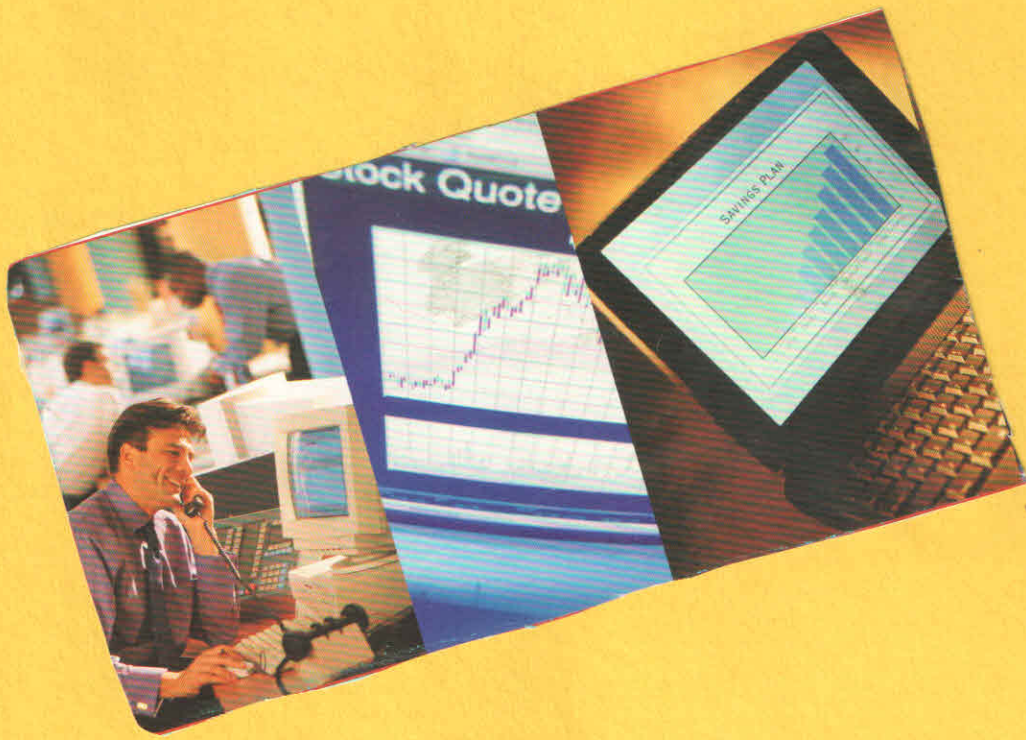


Personal Construct



Social Construct





COMMUNICATION

Meaning :- Communication is simply the act of transferring information from one place, person or group to another.

Every communication involves (at least) one sender, a message and a recipient. This may sound simple, but communication is actually a very complex subject.

Definitions :- Communication is the process that occurs between two or more people in which a message is delivered and received by the other person. Communication can be done by different ways to give your or share your ideas to whom you want to.

Communication is the process of transmitting information from one person to another. It is the act of sharing of ideas, facts, opinions, thoughts, messages or emotions to other people, in and out the organisation, with the use of the channel to create mutual understanding and confidence.

The Importance of Good Communication Skills.....

Developing your communication skills can help all aspects of your life, from your professional life to social gathering to everything in between.

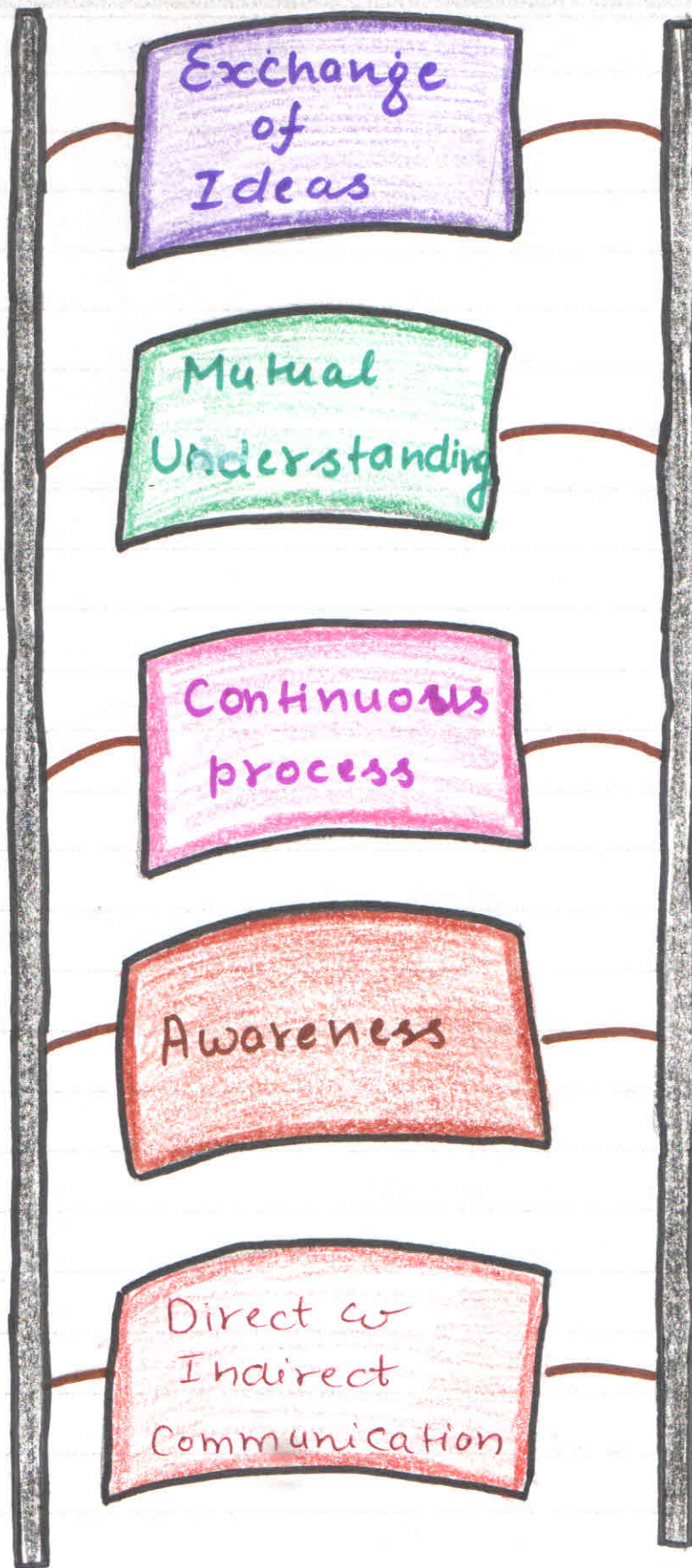
The ability to communicate information accurately, clearly and as intended, is a vital life skill and something that should not be over looked. It's never too late to work on your communication skills and by doing so improve your quality of life.

Professionally if you are applying for jobs or looking for a promotion with your current employer, you will almost certainly need to demonstrate good communication skills.

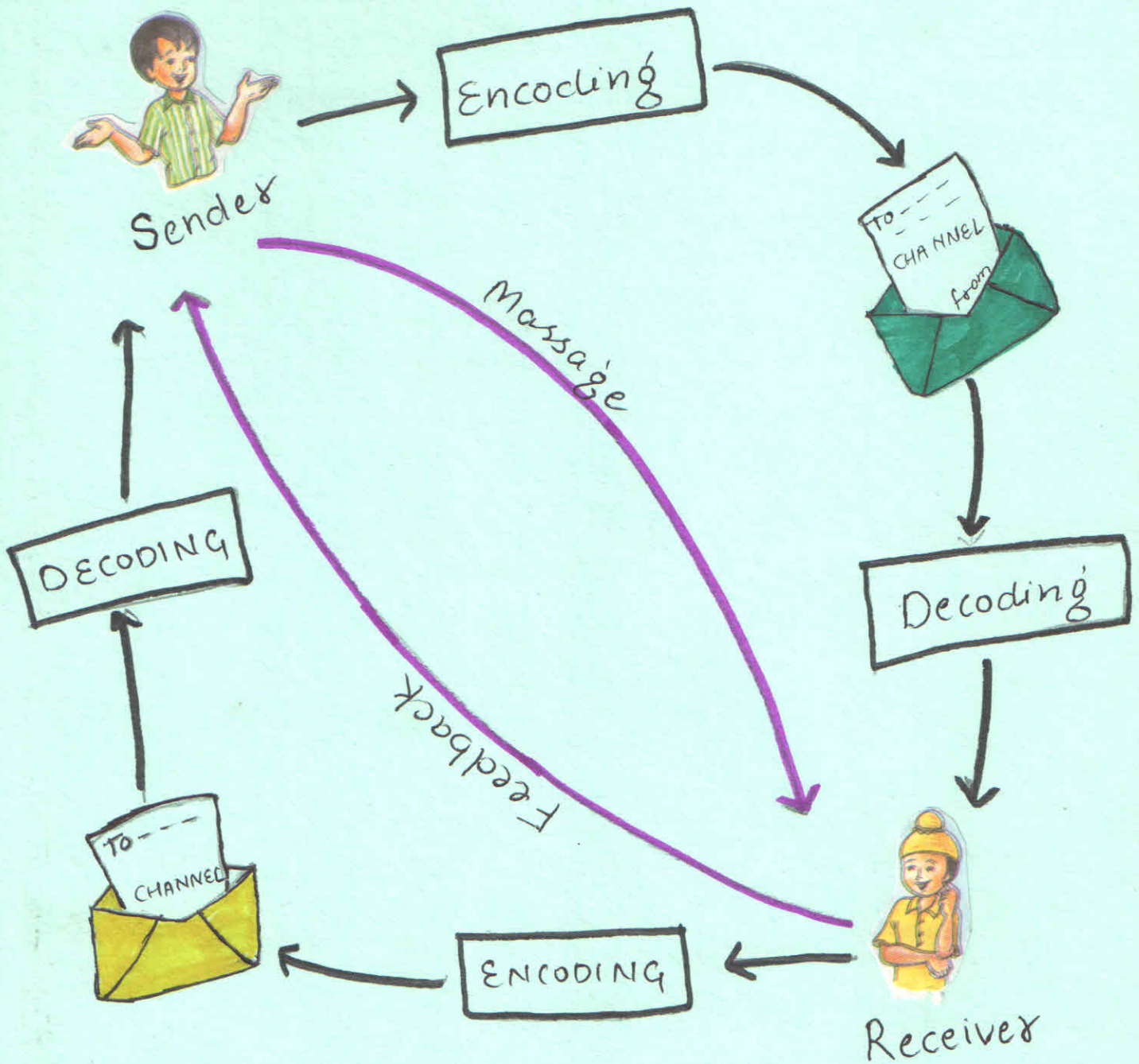
Characteristic of Communication:-

- Exchanges of Ideas :- Communication can't be thought of in the absence of exchange of ideas. In order to complete the process of communication, there must be an exchange of ideas, orders, feelings etc.

CHARACTERISTICS OF COMMUNICATION



- Mutual Understanding:- Mutual understanding means that the receiver should receive the information in the same spirit with which it is being given. In the process of communication, it is more important to understand the information rather than carry it out.
- Two or More persons:- The main important characteristics of communication is that there must be a minimum number of two persons because no single individual can have an exchange of receiver one's ideas.
- Direct and Indirect Communication:- It is not necessary in communication that the receiver and giver of information should be face to face with each other.
- Continuous process:- Communication is an endless process as in the case with business where the managers continuously assigns work to his subordinates tries to know the progress of the work or give direction.
- Use of words as well as Symbols:- examples of symbolic communication are the ringing of bell for closing a school or a college saying something by movement of neck, showing anger or disapproval through eyes, giving some decisions by raising of a finger.



Elements of Communication Process

- 1) Sender:- The person who intends to convey the message with the intention of passing information and ideas to others is known as sender or Communicator.
- 2) Ideas:- This is the subject matter of the communication. This may be an opinion, attitude, feelings, views, orders or suggestions.
- 3) Encoding:- Since the subject matter of communication is theoretical & intangible, its further passing requires use of certain symbols such as words, actions or pictures etc.
- 4) Communication Channel:- the person who is interested in communicating has to choose the channel for sending the required information, ideas etc.
- 5) Receiver:- Receiver is the person who receives the message or for whom the message is meant for. It is the receiver who tries to understand the message in the best possible manner.
- 6) Decoding:- The person who receives the message or symbol from the Communicator tries to convert the same in such a way so that he may
- 7) Feedback:- Feedback is the process of ensuring that the receiver has received the message & understood in the same sense.

3 TYPES OF COMMUNICATION

VERBAL COMMUNICATION

Face to Face interaction, phone call,
Video call or conference call

NON VERBAL COMMUNICATION

Body posture, hand gesture, eye
movements, facial expressions

WRITTEN COMMUNICATION

letters, emails, resume
job application, bills

TYPES OF COMMUNICATION

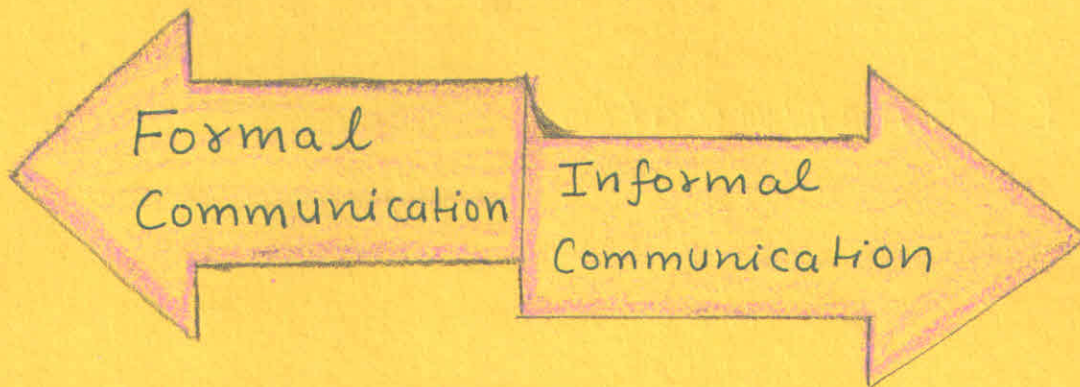
Communication can be categorized into three basic types

1) Verbal Communication :- Verbal communication means sharing things by means of words. What is shared here can vary, it might be information feelings thoughts, supports and memories you have it, you can share it using your verbal communication skills. Verbal communication different things.

Let us see what comes under Verbal Communication

- Speaking face to face
- making announcement
- Speaking on the phone
- Video chat service
- Learning a voicemail
- Writing a letter
- Giving a lecture

2) Written Communication :- In contrast to verbal communication, written communication are printed message. Example of written communication include notes, proposals, email letter etc. This may be printed on paper, handwritten or appear on the screen. Normally a verbal communication by contrast can be constructed over a longer period of time. Written communication is often asynchronous covering at different times.



- Preplanned
 - Structured
 - Official channel
 - Oral & written
- Face to face conversations
 - Telephone calls
 - Unofficial
 - Usually oral
 - Letters, Memos
 - Interactive

3. Non-Verbal Communication :-

What you say is actual part of any communication. But researchers also show that 50% of impression like facial expression body stores and tone of voice. According to one study, only 7% of a receiver's comprehension of a message is based on oral language the tone, Pitch and volume of speech and 5% is based on non-verbal elements of non-verbal communication

Body-language :-

Eye contact

facial Expressions

Posture

Formal and Informal Communication

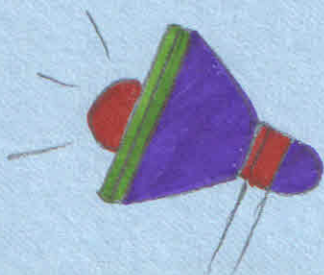
FORMAL COMMUNICATION : formal communication is a communication system where communication between sender and recipient's is based on the officially designated channels and system. formal communication is used in officially purpose and in their employees are bound to follow it while performing their duties.

English

Urdu

Hindi

Language



Barriers in Communication

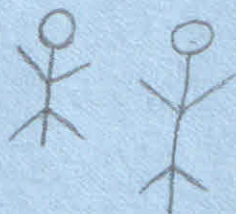
Psychological

Gender



Cultural

Physical

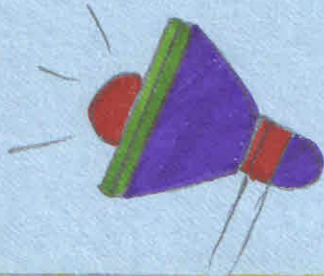


Emotional



English Urdu Hindi

Language



Barriers in Communication

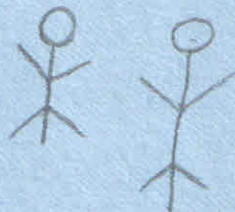
Psychological

Gender

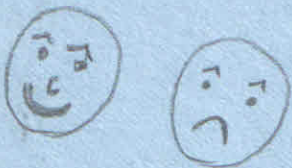


Cultural

Physical



Emotional



Hard Skills

- Foreign Languages
- Sales
- Business Analysis
- Video Production
- Analytical Computing

Soft Skills

- Communication
- Creativity
- Team Work
- Time Management
- Work Ethic

Language Barriers :- Not using words another can understand will certainly stop your message from being conveyed.

Gender Barrier :- Variation exists among masculine and feminine style communication while woman often, emphasize, politeness empathy & support building while male communication is often more direct.

Perceptual Barrier :- Different world views can create misunderstanding without thinking one might.

HARD SKILLS

Hard skills are asset of special skills that are obtained through years of practice or learning. They can be said as skills that are needed for a specific tasks. They can also be termed as technical skills or abilities for a certain professional or occupational field.

SOFT SKILLS

Soft skills on the other hand are a set of skills or traits that include frank behaviour aptitude etiquette self presentation etc. These are learnt on their own. Hard skills are taught in many institutions but they make almost no contribution in developing self skills.



3rd Generation



2nd Generation



1st Generation

CHILD AND ADULT GAP

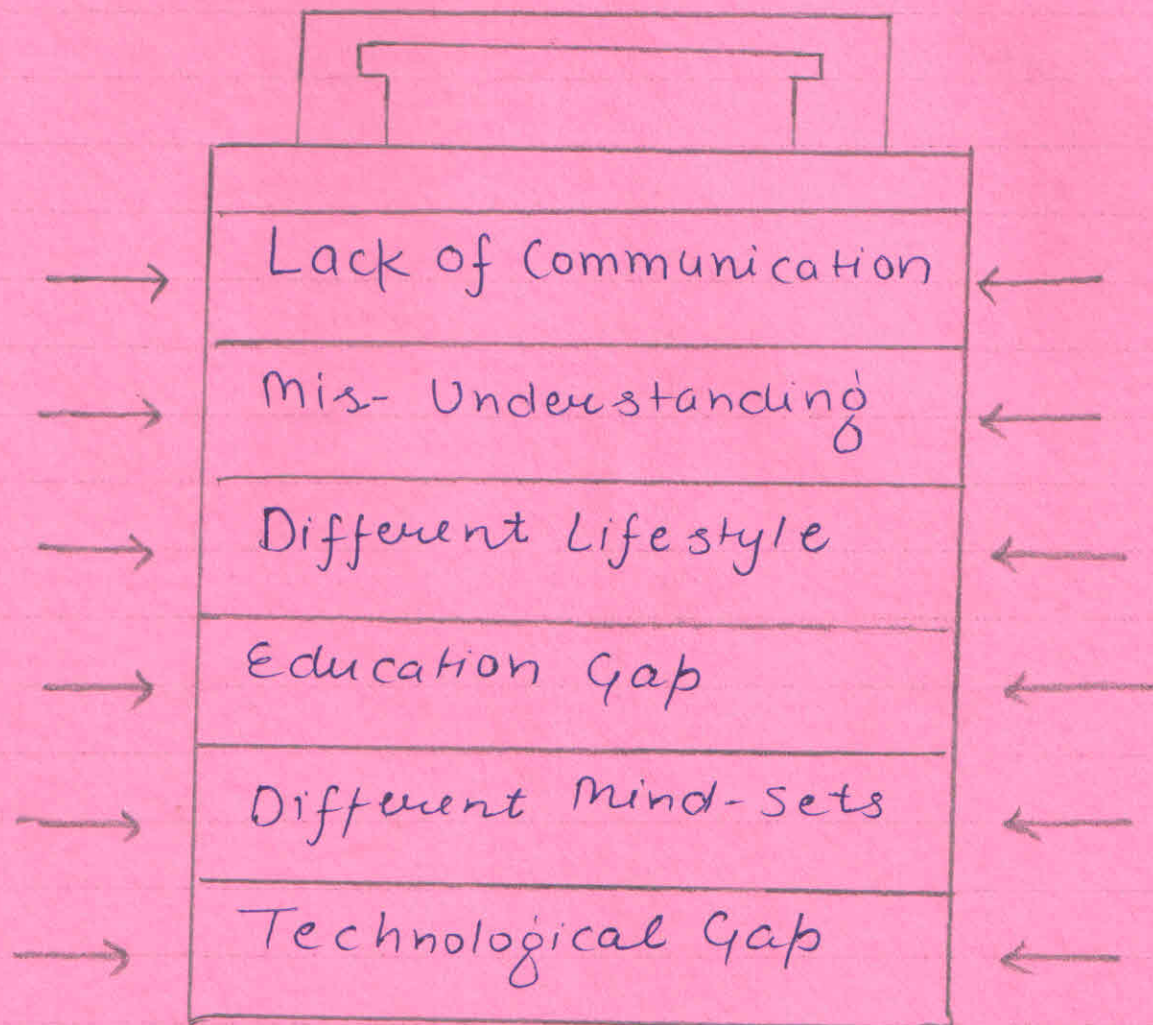
Introduction:- A generation gap or generational gap is a difference of opinions between one generation and another regarding beliefs, politics or values. Today's usage generation gap often refers to be received gap b/w younger people and their parents or grand parents.

What is generation gap?

A generation gap consists of the difference in opinions expressed by members of two different generations more specifically a generation gap can be used to describe the difference in actions beliefs and taste members of younger generation.

Breaking down Generation Gap:-

Generation Gap plays big roles in business as companies must find ways to balance the needs and views of individual from different age groups. Business must be aware of the changing demographics of their client base as gender gaps can have drastic effects on their business as well as the overall business cycle.



Reason Behind Communication Gap

How Generation are Distinguished

There are many ways of differentiate generations from one another these generation have been divided into major groups, known as traditional, baby boomers, generation & millennial. Each generation has its own characteristics that impact the way society does business with members of that generation can also be divided according to groups language technological influences work place attitude general consciousness & way of life.

History of Generation Gap:-

The term "generation gap" was first used in 1960's during that time, the younger generation which is now referred to as the baby boomers.

Showed a significant difference in their beliefs and opinions compared to what their parents generation projected.

Since the emergence of generation gaps, sociologists have coined it as institutional age segregation & have divided the life span of an individuals.

Adult Child Gap



Adult child Gap:-

It refers to differences in actions beliefs interests and opinions that exist between individual from different adult child.

Adult child life styles are very similar to each other. Many individuals from older adult are having trouble keeping up with modern technologies that millions have become accustomed to.

The factor that has influenced adult child gap is increased mobility of society. There was little contact with people outside of one's general area.

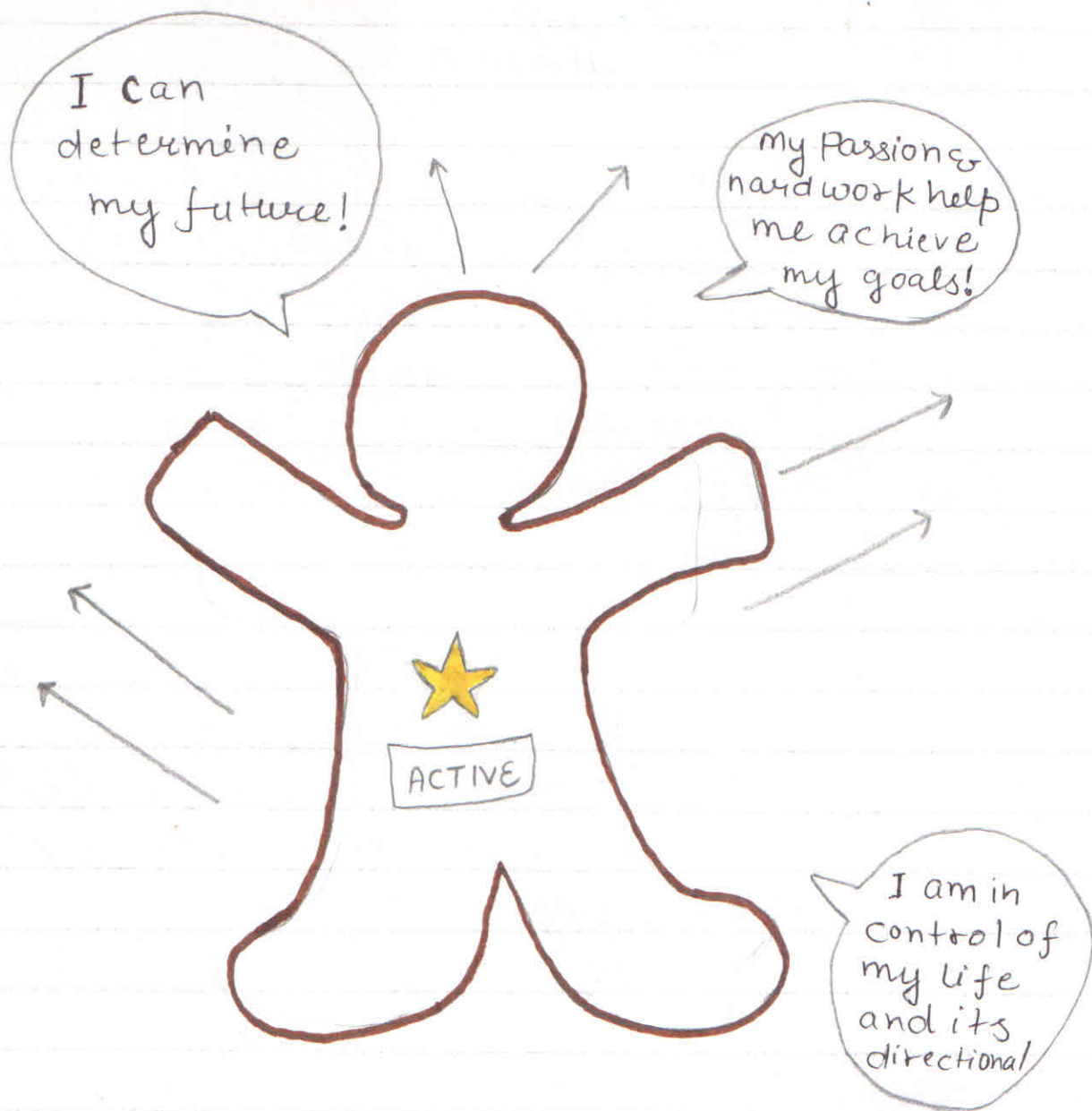
LAWS OF CONTROL

Introduction :- Laws of control (LOC) or internal versus external control of reinforcement is one of the most studied personality construct in the social sciences. Conceived of by Julien Rotter PhD- considered by many to be one of the most influential figures in the history of Psychology LOC reflects the degree to which an individual sees outcomes as being related to personal behaviours and characteristics versus- external factors, Existing along a continuous individuals considered to have a more Internal LOC tend to see outcomes as being contingent on their own actions.

Definition :- What is laws of control? With Psychology, laws of control is considered to be an important aspect of personality the concept was developed originally by Julian Rotter in the 1950's.

Laws of control refers to an individual's perception about the underlying main causes of events.

Internal Locus of Control



I make things happen!

Out comes are controlled by the
Individuals

Internal LOC

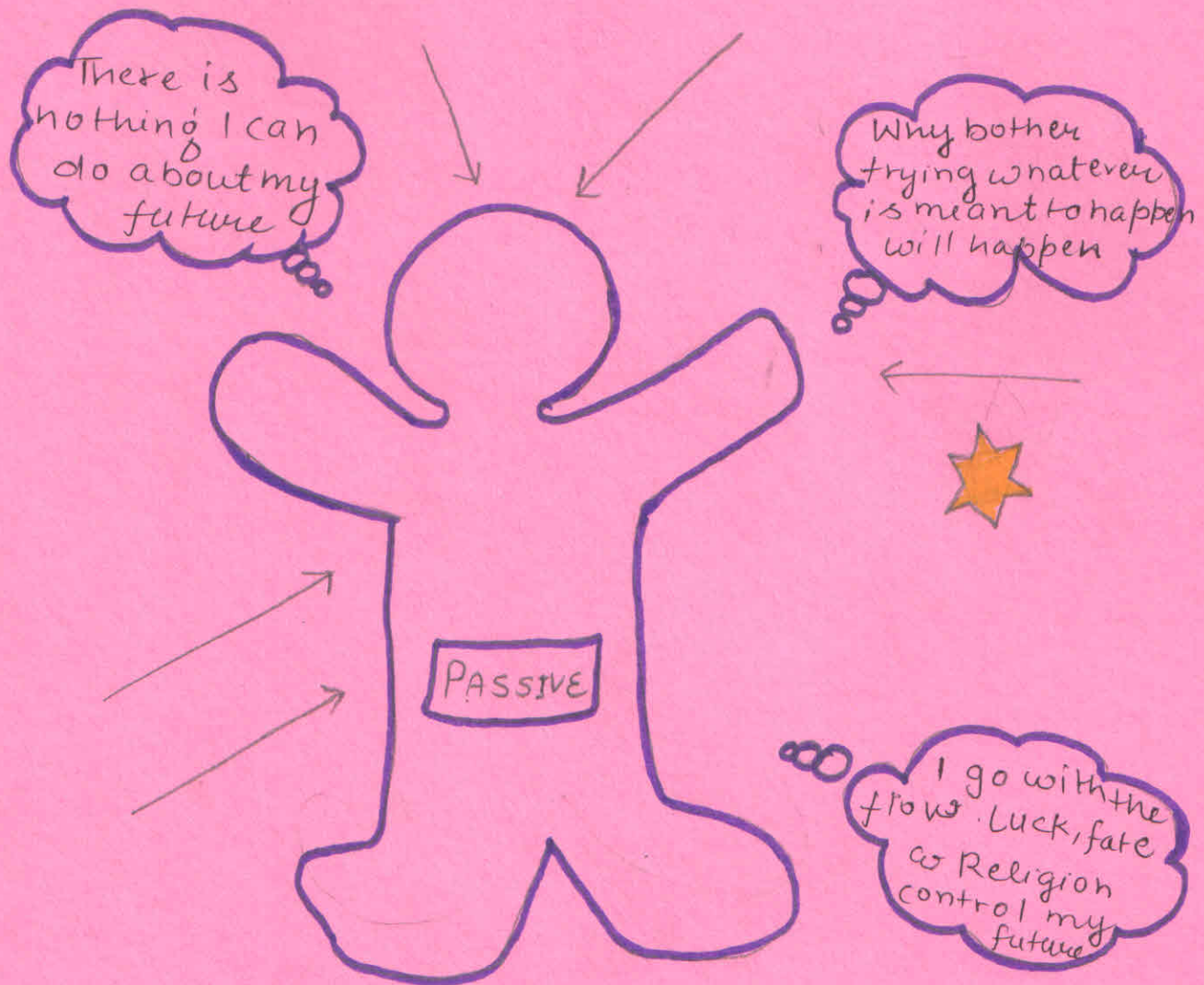
Who Controls your behaviour?

Are you the master of your own domain. Is your life already predetermined and everything that happens is foiled. If you believe that your behaviour are under your control than you have internal laws of control this concept has quite a bit of importance.

When we try to make attributions for our behaviour example if you did well on a test how would you explain it? if you said that it was because you got lucky or the teacher made it as easy test than you have external LOC. However if you attribute good performance to your good study habits and interest in Reinforcement in giving his name.

Example:- When the boy failed a Test he acknowledged that he had not studied enough and didn't understand a few of its key questions. He resolved to meet his teacher for advice on ways to next time. This shows that boy has an internal LOC.

External Locus of control



Things happen to me

Outcomes are controlled by others and it is beyond the control of the Individual

External LOC:- A person with an external laws of controls is more likely to believe that his or her fate is determined by change or outside forces that are beyond their own personal control.

This strategy can be healthy sometimes like when dealing with failure or disaster but can also be harmful to that it can lead to feeling of hopeless and less of personal control.
example:- Whenever he fails a tests the boy always has an excuse a ready the room was too hot, he would failing well, the test was unfair.

Internal laws of Control

Stop making excuse and start talking Responsibility.

- An Internal LOC is one of the key traits of an effective leader a leader with an internal laws of controls is likely to be for cast by group members.
- An Internal laws of control separates good from bad managery effective managers.
- Employees laws of control effect leadership behaviour in decision making
- Internal laws of control follows who believes out comes were a result of their own decision.



STRESS

Stress:- It is the body's reaction to physical, chemical, emotional or environmental factors. These can range from extreme, life-threatening situation to simple or everyday challenges of life. These are external or internal causes of stress.

External causes of stress

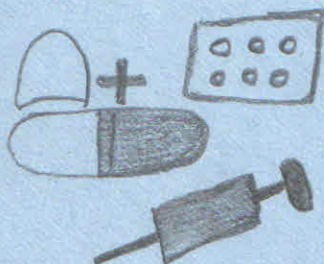
- Getting diagnosed with serious illness
- failing of a test
- losing a job
- having fight with friends.

Internal causes of Stress

- Physical changes or body illness, injury worrying
- Thinking negatively and setting unrealistic expectation
- Development or coming negative thought and taking tension of study, family career etc.



STRESS SYMPTOMS



Sign And Symptoms of Stress Overload

The most dangerous thing about stress is how easily it can creep upon you. You get used to it, starts to feel familiar even normal. You don't notice how much it's affecting you, even as it takes a heavy toll. That's why it's important to be aware of the common warning signs and symptoms of stress overload.

Cognitive Symptoms:-

- Memory Problems
- Inability to concentrate
- Poor Judgement
- Seeing only the negative
- Constant worrying.

Emotional Symptoms:-

- Depression or general unhappiness
- Anxiety and agitation
- Moodiness, irritability or anger
- Feeling overwhelmed
- Other mental or emotional health problems.

Physical Symptoms:-

- Aches or pain
- Loss of sex drive.
- Frequent cold or flu.
- Diarrhea or Constipation



Behavioural Symptoms :-

- Eating more or less
- Sleeping too much or too little
- Using alcohol, cigarettes or drugs to relax
- Withdrawing from others
- Nervous habits / e.g. nail biting.

Top 10 Stressful events

According to the widely validation frames and Rahe stress scale.

- Death of spouse
- Divorce
- Marriage separation
- Imprisonment
- Death of a close family member
- Injury
- Marriage

How much stress is too much?

Because of the wide spread damage stress can cause it's important to know your own limits. But how much stress is too much differ from person to person. Some people seem to be the roll with life punches while others tend to the face of small obstacles or frustration.



STRESS MANAGEMENT

Using self help techniques for dealing with stress. It may seem like there's nothing you can do about stress. But you have a lot more control than you might think.

In fact the simple realization that you are in control of your life is the foundation of managing stress. Stress managing is all about taking charge of your life styles. Why is it so important to manage stress?

If you are living with high levels of stress you are pushing your entire well being at risk. Stress wrecks havoc on your physical health.

It narrows your ability to think clearly function effectively & enjoy life.

Effective stress management, on the other hand helps you break the hold stress has on your life so you can be happier, healthier & more productive. The following stress management tips can help you do that.

Stress management - yoga, exercise, music, therapy, hobby, nature.



Deep Sleep



Balanced
Diet



More Smiling,
Less Worrying...

Ways to reduce Stress

- Breathe deeply and slowly
- Develop a sense of humor about your problems
- Develop the ability to understand that being wrong.
- Don't cram too many tasks into too little time.
- Don't let worry drain your energy
- Eat well balanced diet
- Get enough sleep.
- Know your strength & weakness
- Laugh & smile
- Listen to music
- Take some time to do something for you.

SOCIAL INTERACTIONS AND GROUP INFLUENCE

Social Interaction :- It has been defined as a dynamic changing sequence of social actions between individuals who modify their actions and reaction according to action by interaction partners.

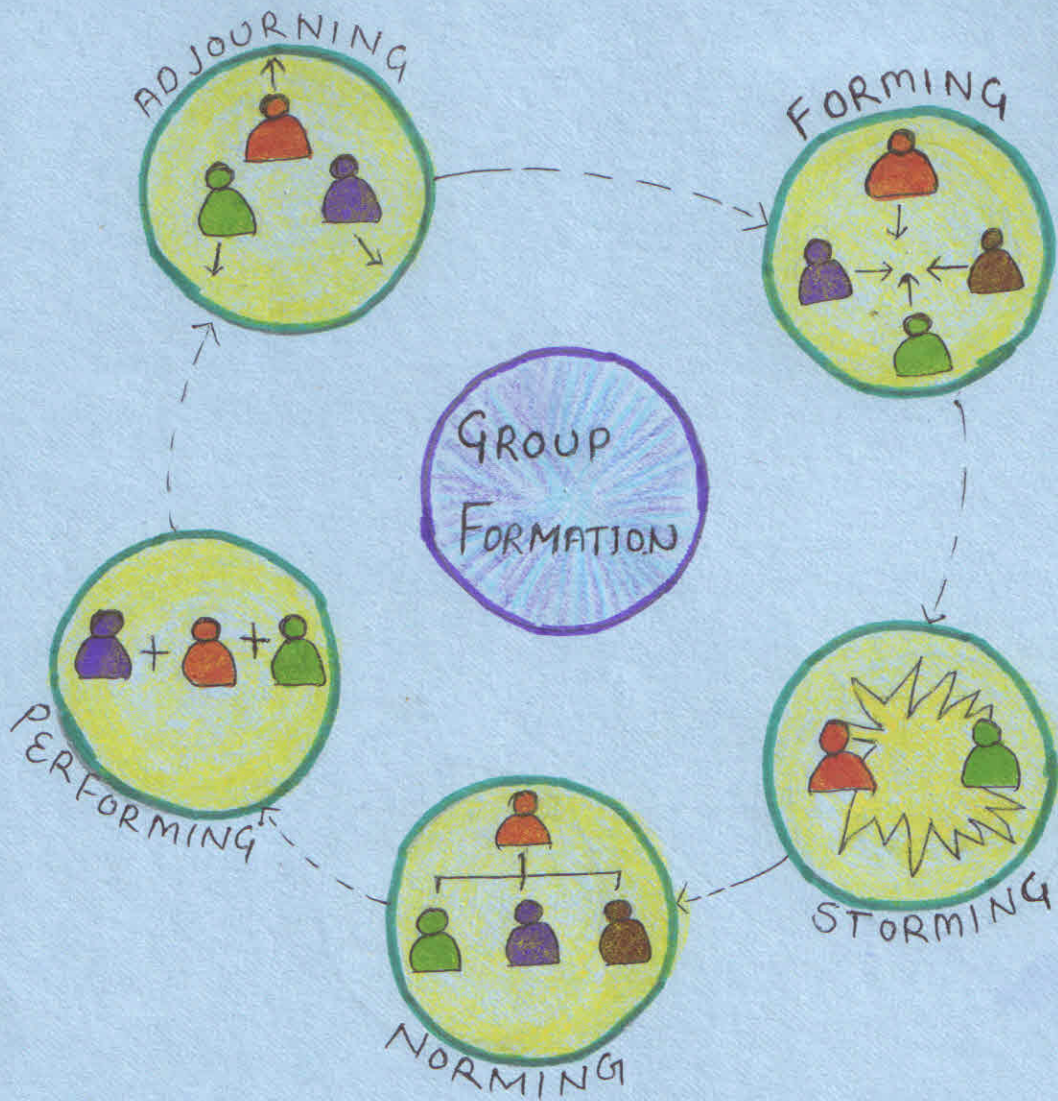
Group :- Every organisation is a group in itself. It refers to two or more people who share a common meaning and evaluation of themselves and come together to achieve common goals.

STAGES OF GROUP FORMATION

there are five stages

Forming :- It is characterized by members seeking either a work or other benefit like status, affiliation, power etc.

Storming :- members seek out familiar or similar individuals and begin a deeper sharing of self.



Norming :- The dyad begin to open up and seek out other members in the group.

PERFORMING :- This is a stage of full functional group where members seek themselves as a group and got involved in task.

ADJOURNING :- Temporary groups like team force, project team which have a limited task at hand.

TYPES OF GROUPS

Formal group may take the form of Command groups, task groups and functional group.

FORMAL GROUPS

- **Command Groups** :- They are specified the original chart and often consist a supervisor or subordinate that report to supervisor.
- **Task Groups** :- Consist of people who was together to achieve common task.
- **Functional Groups** :- It is created by organization to accomplish specified goal within an unspecified time formed.

INFORMAL GROUPS

These are formed naturally in response to common interest and shared values.

INTEREST GROUPS:- These continuous over the time and may last longer than general groups.

FRIENDSHIP GROUPS:- These are formed by members with enjoyed similar attributes, religious values and other bonds.

REFERENCE GROUP:- This is a type of group that people use to evaluate themselves the main objective are to seek social validation and social comparison.

CONFLICTS



CONFLICTS

Conflicts is defined as an incompatibility of goals or values between two or more parties in a relation combined with attempts to control, each other (Fisher (1990). The incompatibility or difference may exist in reality or may only be perceived by the parties involved. Notwithstanding the opposing actions or the hostile emotion are every real hallmark of human conflicts.

METHODS OF RESOLVING CONFLICTS

Whether you are involved in family or neighbourhood, dispute involving thousands of dollars, their processes should be considered.

The following processes describes ways resolves the dispute.

NEGOTIATION :- It is the basic mean settling difference it is communication between the parties of conflicts.

MEDIATION :- It is a process in which an impartial person promotes reconciliation which will allow to reach a mutual agreement.

ARBITRATION:- It is the submission of disputed matters to an impartial person for decision.

LITIGATION:- It is the use of the court or civil justice system to resolve legal controversies.

TYPE OF CONFLICTS

Personal or relational conflicts:- These are about identity or self image such as loyalty and lack of respect.

Instrumental Conflicts:- These are about goals, structures, procedures and mass.

CONFLICT MANAGEMENT TECHNIQUES

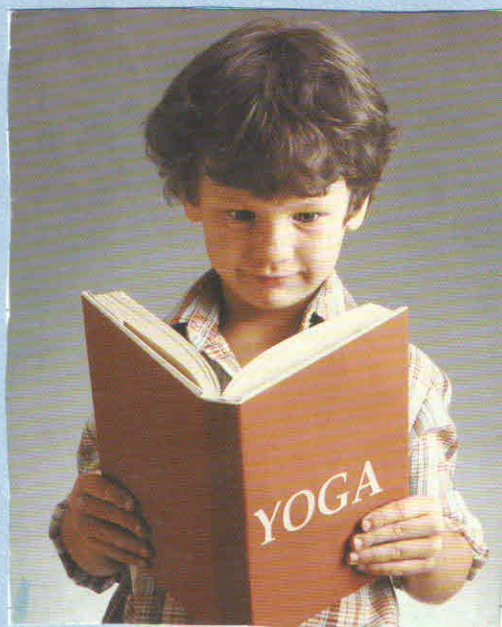
FORCING:- Forcing also known as competing and individuals pursue his or her own concern despite resistance of other person.

COLLABORATING:- Collaborating also known as problem confronting or solving it involves to work with other person to find a win-win solution to the problem.

COMBROMISING:- It looks for an experience and mutually acceptable solution which satisfies both the parties.

WITHDRAWING:- also known as avoiding this is when a person does not pursue his own concern or of others

SMOOTHING:- also known as accomodating it is of concern of other people rather than one's own concern.



The moment you attach the word "yoga". It indicates it is a complete path by itself.

YOGA

Introduction :- Yoga is essentially a spiritual discipline based on an extremely subtle science which focuses on bringing harmony between mind & body. It is art and science of healthy living. The word yoga is derived from the Sanskrit word 'yug' means to join or to yoke' or 'to unit'. As per yoga scriptures the practice of yoga leads to the union of individuals indicating a perfect harmony between the mind and body.

Sanskrit Definition of Yoga :- In Sanskrit, the word yoga is used to signify any form of connection. Yoga is both a state of connection and a body of techniques that allow us to connect to anything connection to something allow in to connect anything full on expression that thing person experience. the experience of connection is a state of yoga, a joyful and blissful, fulfilling experience.



PEACE AND SOCIAL HARMONY

Social harmony is an open community that unites globally and positively thinking people who are inspired by ideas of sustainable development and social responsibilities.

Every effort should be made to:

- Contribute to development of civil society
- Develop co-operation of local communities and authorities.
- Conduct of physical culture action, sport activities.

YOGA FOR PEACE AND HARMONY

Yoga means union of body and mind and soul the union of the ego and the spirit. Yoga is one of the six orthodox.

Indian philosophy which aims at liberating man.

Afficacy of yoga:- Yoga practices yield positive effect without any adverse effect. Here are a few suggestions for yoga awareness in our life.

Meditate:- The purpose is to experience union of body, mind and spirit.

Practice non-Judgement:- Through out the day remind yourself of their statement whenever you catch yourself judging.

Finding compassion on the road:- Driving is an excellent lab for self awareness

Cultivate witness awareness:- Through out the day turn your attention to silent witness within your soul and take to commune with the intelligence of all living things

BREATHING EXERCISES

ROLE BREATHING:- also called abdominal breathing is to develop full use of lungs and getting in touch with rhythm of breathing.

MORNING BREATHING:- It relieves muscle stiffness and clear clogged breathing passages.



DEEP BREATHING: It is important in recovery from depression and anxiety.

COHERENT BREATHING: - It maximises the heart rate variability, a measurement of how well the nervous system is working.

MEDITATION

It is a means of transforming the mind, it encourages and develops concentration.

SAHAJ SAMADHI MEDITATION: - It gives you deep relaxation and also keeps you alert.

CONCENTRATION MEDITATION: - It involves focussing on a single point. In this simply refocus your awareness on the chosen object of attention.

MINIDFULNESS MEDITATION: - This encourages to observe wandering thoughts as they drift through the mind.

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Benefits Of Meditation

BRING HARMONY
TO YOUR LIFE

INCREASES ENERGY

ENHANCE MOOD

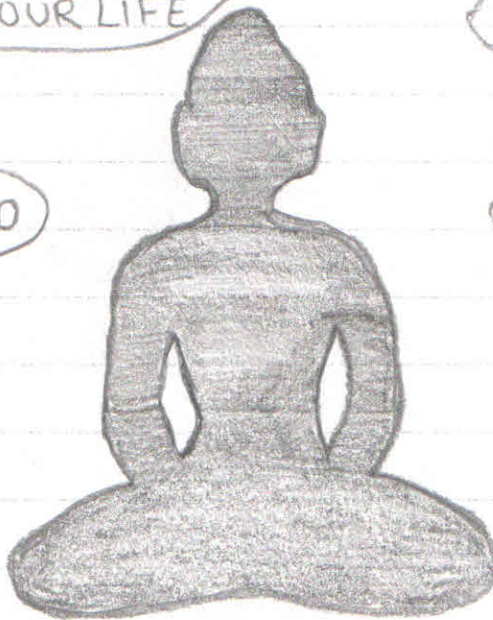
WEIGHT LOSS

IMPROVE
MEMORY

SLEEP WELL

REGULATES
HEART RATE

REDUCES
STRESS



BENEFITS OF MEDITATION

- Improvement of body lusture and general health
- Improvement in concentration
- Health benefits of meditation
- Good for people with high BP
- Reduces activitres of microbes, virus co emotional distress
- Decreases muscle tension, headache and builds self confidence.

PHYSICAL BENEFITS OF MEDITATION

lowers high B.P

Improves immune system

Increase energy level

Decrease any pain and tension

MENTAL BENEFITS OF MEDITATION

Decreases anxiety

Emotional stability improves

Creativity increases

Happiness increases

Gain peace of mind

problem decreases

Helps in focussing and relaxation.



Studies on the relaxation response have following short term benefits to nervous system.

- Lowers BP
- Lowers heart rate
- Less anxiety
- More feeling of well being
- Improve blood circulation
- Deeper relaxation.

In Buddhist Philosophy the benefits of meditation is liberation of the mind from attachment to things it can not control such as external circumstances or strong internal emotions.

